

great Limerick run

10k 21k 42k

6 Mile Training Plan

Week	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest/Core	2 miles	CT	2 miles	Rest/Core	2 miles	20 min walk
Week 2	Rest/Core	2 miles	CT	2 miles	Rest/Core	2 miles	25 min walk
Week 3	Rest/Core	2 miles	CT	2 miles	Rest/Core	3 miles	30 min walk
Week 4	Rest/Core	3 miles	CT	2 miles	Rest/Core	4 miles	30 min walk
Week 5	Rest/Core	3 miles	CT	2 miles	Rest/Core	4 miles	30 min walk
Week 6	Rest/Core	4 miles	CT	2 miles	Rest/Core	5 miles	35 min walk
Week 7	Rest/Core	4 miles	CT	2 miles	Rest/Core	4 miles	40 min walk
Week 8	Rest/Core	4 miles	CT	3 miles	Rest/Core	5 miles	50 min walk
Week 9	Rest/Core	5 miles	CT	3 miles	Rest/Core	5 miles	60 min walk
Week 10	Rest/Core	4 miles	CT	2 miles	Rest/Core	1 mile	Race Day

Recommendations

Do the Core/Conditioning work at least one of the two designated days Monday / Friday. Use this training plan in conjunction with our physio and nutrition advice. Wear a heart rate monitor and let this be your guide.

Monday

Rest or core/strength day

Tuesday

A 10 minute warm up with stretching. Run at slightly faster than long run pace, 10 Minute cool down. (Pace will be 5k pace)

Wednesday

Cross Training Day, Core, Walk, Swim, Cycle.

Thursday

A 10 minute warm up with stretching. Run at slightly faster than long run pace, 10 Minute cool down. (Pace will be 5k pace)

Friday

As per Tuesday - If you are tired rest here to conserve energy for your Saturday Long run.

Saturday

Long Run - Its Important to start off slowly and find your rhythm. Be guided by your heart rate or breathing. Set your own pace and don't be afraid to stop and walk where required to lower your heart rate and bring breathing back to a level where you can talk comfortably.

Sunday

Run at comfort.

Be able pace to allow muscles to stretch out and recover.

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www.GreatLimerickRun.com

